



Heat Exhaustion

- Heavy sweating
- Muscle cramps
- Tiredness/weakness
- Dizziness/fainting
- Headache
- Nausea/vomiting
- Cooling methods such as ice baths, air conditioning, & rest can help.

Heat Stroke

- Absence of sweating
- High body temperature
- Rapid pulse
- Difficulty breathing
- Confusion/strange behavior
- Seizure & possible coma
- Seek medical attention immediately!

Exercising in extreme

HEAT

can be dangerous!

Know what you can do to stay hydrated & prevent heat exhaustion or heat stroke:

•**Acclimate yourself!** When doing regular exercise in the summer months, it is important to get outside when the temperatures are warmer so your body begins to adjust. However, give your body about 2 weeks to acclimatize. If you can't stand the heat, consider exercising when the temperatures are cooler such as early morning or evening.

•**Stay hydrated!** The biggest concern with summer exercise is staying hydrated. To maintain good hydration for a moderate workout, experts recommend drinking 20 oz. of water 2 hours before exercising, at least 8 oz. of water shortly before going out in the heat, and then a gulp every 15-20 minutes during the actual workout.

•**Wear proper attire!** Breathable lightweight fabrics that wick away sweat are best for exercising in the heat. Clothes should also be light in color in order to reflect the sun. Well-ventilated hats & some lightweight sunglasses can protect your face & help prevent headaches. If your activity calls for a helmet, remove it during rest periods to allow your head to breathe and cool off.

•**Slow down!** When temperatures hit the 80's & 90's, cut back the pace or cut back the exposure. Don't expect to set personal records. Know that exercising will most likely take you longer, particularly on humid days.

•**Use common sense!** If you're feeling bad, go inside immediately. Sit or lay in a cool area to get your core temperature down, and drink lots of fluids. Even if you're participating in an event, leave for a few minutes; don't take any chances.

-Web MD Health & Fitness

"Those who do not find time for exercise will have to find time for illness."

- Earl of Derby